

UNITY DAILY WORD



A MAGAZINE OF SUNSHINE

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Let this little magazine be your daily companion, revealing to you how to be happy, healthy, and prosperous!

OCTOBER, 1931

A PAGE OF INSPIRATION FOR EACH DAY

AFFIRMATIONS USED BY
SOCIETY OF SILENT UNITY
September 20 to October 19

Thy radiant light reveals Thy perfect will to me.

My health is from Thee, and I will to do Thy will, and to be wholly restored, fulfilling the promise of Jesus Christ, "Ye therefore shall be perfect, as your heavenly Father is perfect."

That which is stored in my mind and made manifest in my affairs is of Thee, and I rejoice in its abundance.

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UNITY DAILY WORD

A little companion that daily will direct your steps to the sun-tipped heights in whose glory you will behold the son of God, for such you are.

Nonsectarian. Published monthly.

F. B. WHITNEY, *Editor*

Editorial suggestions and comments may be addressed to Editor of *Unity Daily Word*, % Unity School of Christianity, 917 Tracy Avenue, Kansas City, Mo.

Success Inevitable

No matter how often defeated,
you are born to victory. The
reward of a thing well done
is to have done it.

Emerson.

IN GOD WE TRUST

In all things "in God we trust,"
For His cause is always just;
'Tis His will that we should share
In His blessings rich and rare.
Ever let us trust the good;
Let His law be understood,
Knowing that we cannot fail,
That His good will e'er prevail.

In all things "in God we trust,"
Trust in Him we will, we must—
True to promises He'll be
For success, prosperity—
Never giving thought to lack,
Seeing naught can hold us back,
Ever forward, faithful, true,
Counting every blessing new.

In all things "in God we trust";
He will all affairs adjust;
On Him always we'll rely
For His bounteous supply.
Trusting through all age and clime,
Trusting always, through all time,
Trusting, seeing year by year
More of blessings that appear.

SUN-CROWNED, LIVING ABOVE THE FOG



O THE POET, him of mystical vision, is often given power to look into the future and to see men and conditions as they may appear. Possibly a half century ago J. G. Holland penned these lines, which come to us today with added force:

God give us men. The time demands
Strong minds, great hearts, true faith, and willing
hands . . .

Tall men, sun-crowned, who live above the fog
In public duty and in private thinking!

Have you ever seen the sun crown a mountain peak with majestic brightness and glory, causing it to stand out above the fogs below it as something heaven-blessed, divinely favored? The picture gives us a sense of granite fastness, contrasted with the instability of mists and fogs. Even as a mountain peak stands out from the fog, so do we find those persons of "strong minds, great hearts, true faith" who stand unmoved in the presence of the fogs and mists of human experience.

We can think of the mountains as almost saying to themselves: "With this heavenly benediction upon me, what care I for fogs? In but a short time they will be as nothing and evaporate into thin air!" Do you number among your acquaintances those "sun-crowned, who live above the fog," those blessed with noble thoughts and high aspirations, living above the petty experiences of the workaday world? Truly the world today has a need for those who

can keep their heads in heaven even as they walk the streets of earth.

The sun-crowned individual knows that there is a sun, and he feels its warmth and glory. He appreciates the fact that he is above the fogs of life. He sees the fogs disappear into nothingness in the presence of the sun. We are reminded of the power of the light of Truth to dispel all that is unlike it. An understanding of Truth, life, and love dissipates evil, sin, disease, and hate.

The sun-crowned individual, he whose consciousness feels the light and warmth of Spirit, truly lives above and beyond the fogs and mists of human experience. He is strong-minded, stout-hearted, confident in his faith, ready to carry out the convictions of his heart. To him is given power to live above those petty annoyances which many of his fellows experience.

Would you be sun-crowned, so conscious of the presence and power of Spirit that the little mists and fogs became as nothing to you? Then your thought must be turned "son-ward," turned to the realization of your power as a son of God over the misty existence of the external world. If you would be "tall" in the sight of God, then you must obey a certain principle of moral rectitude that will keep you erect in the majesty of your divine sonship. You must be true to God in private as well as in public.

The person who gains an understanding of

Truth is truly crowned with light. He is never hazy in mind, but knows what to do at all times, how and when to do it. He is never disturbed by the personal actions of his associates. He lives above the mists and fogs of personal consciousness. In his sun-crowned world there exists neither mist nor fog—neither evil, sin, fear, hate, disease, nor failure.

Our living “above the fog” gives us a sense of being apart and beyond the haziness and confusion of life. We ascend into a consciousness in which we know that we are above the petty experiences and annoyances of life. We realize that we are unaffected by these, that we live above them—in a world that they cannot enter.

If we would be “tall men, sun-crowned, who live above the fog,” we must embrace a philosophy of life that will keep us in the light of Truth, erect in our divine sonship, high above the fog of adverse thought. Where can we find this rule of life but in Christian psychology? With our mind upon that which is high and noble, we are literally lifted into a new world, the world of reality—of Christ. By righteous thought we are entitled to the crown of light—wisdom, peace, love, life, and health.

Our first ascension over the fog—adverse thought—must be a mental and spiritual action. Whatever fog manifests in the world of effect will cease to be when it is dissolved in the heavens of the mind. As we look away from the fogs of earth we behold the light of heaven.

truth expressed by our little friend. In Truth time is the same at both places. "It's just right now every place."

Thinking about the time of the past and about the time of the future often plays an important part in the lives of some persons. Those who live in unpleasant memories of the past with its hardships and failures, those who live in a dream world of the future with its as yet unfulfilled desires and hopes, are living in a world of illusion in that they fail to live actually in the time of the present moment. Lot's wife became crystallized when she looked behind her. She became inanimate, like things of the past. Those who give too much thought to tomorrow become idle dreamers.

We can readily see that the only time is right now, the timeless time of Spirit, the present moment. It is the only time that we have in which to be happy, healthy, and successful. If we put off happiness, health, and success until some future time, we keep them in the distance and we begin to think of them as more or less mythical and unattainable.

Some one makes this point: "Years ago I prayed and prayed for something but failed to get it until today. Why was it delayed in coming to me? Could I not have had it just as well years ago?" We can readily see that the time element enters into this reasoning. There may be several reasons why we do not receive immediate answers to prayer, but one very common obstacle to the present efficacy of prayer

is the belief in time. But for it, many prayers would be answered immediately, granted, of course, that other necessary conditions of prayer fulfillment were observed.

If in prayer we should always know that it is always "just right now," we would free ourselves from fear that God's answer will be delayed. We cannot in prayer keep our thought optimistic, expectant, hopeful, if at the same time fear of delay enters in. Remember that prayer partakes of the fourth-dimensional world in which there is neither distance, space, time, nor delay. When in prayer, we lose all thought of the human concept of time. In Spirit, it is always "just right now."

We can see that the prayer of years ago was not answered because we were not in the same consciousness that we had attained at the later date, when the answer came. If today you should get into the same consciousness in which you will make a demonstration of health or success next month, you would not make it next month. It would be made today.

In certain places in the world and under certain conditions men lose all sense of time. They get away from race ideas and enjoy to some extent a realization of timelessness. Were they reinforced by a consciousness of Truth they could do great things. Possibly one reason why men living close to nature develop a mystic sense of prayer is because they develop a consciousness of timelessness.

UNMASKING PERSONALITY



WERE YOU to lay hold of your power to see back of personal masks, you would be much surprised at what would be revealed to you. Possibly that person whose motives you have least understood, the one whom you have had difficulty in loving, would stand out in such a way that his soul would be revealed to you as something supremely fine, something that you could easily love and understand.

On page 17 of "The Twelve Powers of Man," we read: "Peter . . . saw the living Christ back of the personal mask worn by Jesus." Peter's spiritual vision was so quickened and clarified that he saw beyond human personality and beheld the divine! He was given power to lift the mask, to gaze beyond personality, and to behold God manifest as Christ. He could look back of the appearance of human frailty and see Truth, love, and beauty.

Are you often troubled by those about you who seem to be the personification of everything evil? Do these appear to wear the mask of ugliness, hate, selfishness, or evil? Then you must look beyond the mask. You must see the Christ in them, even as Peter saw it in Jesus. You must let your Spirit say to them even as Peter said to Him: "Thou art the Christ, the Son of the living God."

Instead of the mask of disease, you must see Christ appearing as life and health; instead of the mask of failure, you must see Christ mani-

festing as prosperity and success. If those about you are firm in holding to the mask, if they are inclined to see themselves as the mask would make them appear to be, then your work is doubly increased and you must more firmly behold the vision of Christ until they, too, have faith and strength to see it.

If there is one in your family who appears as a person of selfishness, you must not see the caricature of God's man that he presents. Your work is to see love, justice, and unselfishness—the Christ! If those about you could manifest these as clearly as Jesus did, you would have no work to do, your work would be completed, you would have gained a clear realization of your own Christhood.

If you are linked with business associates who wear the mask of unfairness in business, then you must help them to unmask themselves. You cannot do this by pointing out their faults or antagonizing them. For a time your work must be silently done. Were you to attempt to tear the mask off by physical efforts or by personal means, you would appear as wearing a mask yourself. You would be seen as hateful and antagonistic. Your associates would have difficulty in seeing Christ manifesting in you.

A woman once told the story of her having received several letters from an old school friend, telling her of a gentleman in this woman's city whom her school friend wanted her to meet. He was a man who had had many personal problems, a number of business fail-

ures, but had always managed to overcome discouragement and win some measure of success. The correspondence became very interesting, and this woman became quite enthused about meeting this gentleman when her friend would come to visit her at a later date. In the meantime, this woman had taken a position as private secretary to a man whom she disliked on the spot. Everything seemed to go wrong. In a few days he gave her some personal letters to mail. Imagine her surprise when she saw on one the name and address of her friend who was expecting to visit her. Instantly she realized that this was the unknown but common friend! At the same time her whole impression of him changed.

What happened was this: A certain truth that she had not known displaced a certain amount of ignorance. Sympathy and understanding replaced personal antagonism and misunderstanding. The personal mask was loosened through the love of the third person. This woman came to see sterling qualities, to appreciate deeper motives, in the man whose mask had been that of a hard-boiled executive. She came to see the son of the living God seeking through difficulty and disappointment to reveal more and more of the living God within him. Possibly, after all, human sympathy and compassion can do much to help us look beyond the mask and to see the shining Christ. We glorify Jesus when we see His Christliness coming into evidence everywhere about us.

SALVATION

To be saved is
only this—
Salvation from
our selfishness.

— Whittier

THURSDAY, OCTOBER 1

Through faith I rise out of all unbelief and lay hold of perfect faith in God, the good.

NBELIEF includes two things: a lack of faith in God and a belief in the power of evil. Unbelief is purely negative and has little in common with that abiding assurance in the power of good that comes through faith. Faith in God gives one a deep conviction of being allied with a presence mighty to overcome every obstacle, powerful to wipe out all disease and every appearance of failure.

Faith in the power of evil obviously detracts from faith in the good. Every thought of the power of sin, evil, or disease makes these seem only more real to us. Faith in the power of good serves to link us with God's might and to bring into manifestation the very blessings of God.

Every one has faith in something: faith in adversity or faith in good, faith in his failure or faith in his success. In what is your faith centered? Withdraw faith in failure and you strengthen your faith in success. Cease to believe in disease, cease to doubt the healing power of God.

Faith is a confident assurance of that for which we hope, a conviction of the reality of things which we do not see.—*Heb. 11:1 (Weymouth version).*

FRIDAY, OCTOBER 2

I cannot lack life or be separated from it, because God's life fills me and infolds me.



HINK of life as something inexhaustible, permanent. Think of yourself as so closely identified with it that you can never have a sense of lacking life, vitality, ambition, strength. Know that you are so at one with God and His life that not for an instant can you lack His presence or His life.

Think in terms of life. Wipe out of mind all belief in any insufficiency of life, in depression, fatigue, or death. Think of yourself as eternally alive, forever conscious of God's abiding presence, always unified with His life. Know that God's life at the center of your being nourishes you with life. Realize that His presence about you infolds you in life. Know these truths so thoroughly that you cannot entertain any contrary or adverse beliefs.

The paralytic lacks a full consciousness of life; the dying man has a waning consciousness of life. Both need to realize that God is never apart from them, that His life is never diminished. Even repeating the words, "Life, life, life," makes us more conscious of life. We feel that it is something from which we cannot be separated even as we know that God is ever with us and that we are one with Him.

With thee is the fountain of life.—*Psalms 36:9.*

SATURDAY, OCTOBER 3

The consciousness of freedom that Christ has implanted in me has set me free from all sense of bondage.



ESUS came to humanity as the ambassador of God, bearing to mankind the message of freedom—deliverance from sin, evil, disease, and every type of adversity. He found men laboring under the burden of their beliefs in bondage. He found them in a state of self-mesmerism brought on by accepting race traditions as Truth. His message acted as a thought clarifier.

The teachings of Jesus and His associates, when read in the light of Truth, reveal to us their power to correct human beliefs and opinions and to replace them by the understanding of Truth. When He found men suffering from their beliefs in disease, He gave them the truth about health. He converted men by turning them from their previous way of thinking to an acceptance of the Truth that He expounded. Their freedom resulted.

Mental and physical freedom come to the person who grasps the meaning of freedom as given to us by Jesus Christ. The mind becomes free from thoughts of anxiety, the body free from tension and disease.

For freedom did Christ set us free: stand fast therefore, and be not entangled again in a yoke of bondage.—*Gal. 5:1.*

SUNDAY, OCTOBER 4

The Spirit of Christ, the Spirit of newness, is now doing its perfect work in me and I am made new.

WE CAN either think of ourselves as becoming old, going the way of all flesh, or else know the truth of our eternal newness in Spirit. The consciousness of newness neutralizes the work of adverse beliefs, those which age, crystallize, and destroy. Into this consciousness enters the very power of God. The power that created all things new ever remains with man, the creation of God.

If you would make a closer contact with God as the essence of all things new, turn in thought to Him. Cease to think of yourself as becoming old or crystallized in mind or in body. Begin to think the verity of newness. See yourself as eternally new in Spirit. Keep your thought on this mighty truth and see it express in you as God renewing and recreating you. When the thought of age comes to you, neutralize it by declaring the truth of newness.

Indulge yourself in new thoughts. These will refresh your mind. Their freshness, newness, and vitality will be conveyed to your mind and you will feel a sense of mental stimulus and refreshment.

>Create in me a clean heart, O God;
And renew a right spirit within me.

—*Psalms 51:10.*

MONDAY, OCTOBER 5

Thoughts of God, the good, fill my mind, neutralizing and replacing thoughts of adversity.

 **F** YOU would relieve yourself of thoughts of sin, evil, and disease, neutralize these by a consciousness of good. Thoughts of good are backed by the very omnipotence of God and have power to replace thoughts in opposition to God. This is the working of spiritual consciousness.

Do not attempt to fight evil. Substitute something for it. Get your attention off evil by directing it to the good. When you try to battle with evil, you use up the substance that should be used in thinking of good and acting in accordance with the will of God.

You are brought into relation with evil through your adverse thinking; consequently, you can break relations with it through changing your thought. By your thinking you relate yourself either to evil or else to good. Your thoughts form a pathway to something of a character similar to theirs. You can see that by fighting or resisting evil you do not make a pathway to good. By studying the working of evil you do not come into a greater understanding of the omnipotence of God.

Hold fast that which is good; abstain from every form of evil.—*I Thess. 5:21, 22.*

TUESDAY, OCTOBER 6

I put out of mind every thought of anxiety and worry, and rest in the assurance that all things are working for my highest good.

REVIEW yourself of worry by reversing your thought. You can readily see that while thinking a thought of good, trust, and confidence you cannot think a thought of anxiety. You cannot be mentally disturbed if in thought you abide in the presence of God.

Put worry out of mind by putting peace, faith, and assurance into it. Let them crowd worry out and fill your mind so full that you cannot think a thought of anxiety. This substitution method is about the only cure for worry. An effort to use will power over worry usually causes about as much mental tension as worry itself.

Take up the thought that you are resting in the assurance that good is coming to pass, and you thus rout anxiety and worry. You will rest in a consciousness of freedom from worry. Life will be revealed to you in a new way. You will no longer be given to worry.

By worrying you show that you think of external things as having power over you.

I will give you rest . . . ye shall find rest unto your souls.—Matt. 11:28, 29.

WEDNESDAY, OCTOBER 7

The very peace of God now manifests as my peace of mind.

WERE YOU to cease to think of thoughts and things as able to disturb your peace, were you to detach yourself mentally from all sense of inharmony, you would find yourself free from peace-destroying thoughts and enjoying the very peace of God. You would discover that back of what we call this world of illusion—the world in which sin, evil, and disease appear—is God's world of peace, in which you have identity as peace-mindedness.

When noise and confusion seem to be about you, when your thought seems to be troubled with a sense of inharmony, turn your thought and attention to God and His omnipresent world of peace. Find your own relation to it. Find your oneness with His peace.

Through right thinking you find God and peace. You come into a realization of peace as a most tangible reality. You become conscious that this perfect peace is your own, that you are unified with the very peace of heaven.

Your passport to heavenly peace is your holding peaceful thoughts. Spiritual thinking is, of course, peaceful thinking. Peace is a state in which we feel ourselves in perfect harmony with God and all things.

Peace be multiplied unto you.—*Dan. 4:1.*

THURSDAY, OCTOBER 8

My body is God's temple, free from impurity, radiant with His presence.



THROUGH A STUDY of Truth we have been educated away from the old idea that the body is a habitation of impurity, sin, and disease. We do not think of it as a place where germs and contagion hold sway. We cease to think of it as flesh or as subject to man-made laws of flesh, disease, heredity, or death.

As the temple of God, the body becomes to us a place wherein are expressed God's light, peace, life, health, and substance. We begin to discipline our thoughts about the body and to think of it in a new light. Instead of despising it for its sins, we praise it for its life and health.

We can readily see that if we expect the body to be healthful we have to know the truth about it and think of it in terms of life and health. The mind is too powerful an agent to be disregarded when we want physical health. To make health manifest, we must think health and regard the body as manifesting more of health.

Thinking of the body as God's temple, we acknowledge His power to keep it filled with His presence and life. As the temple of God, it is an expression of God, veritably a thing of beauty, in reality His vehicle for serving man.

He spake of the temple of his body.—*John 2:21.*

FRIDAY, OCTOBER 9

The joy of God within me turns my thought away from all belief in depression, and I am exalted and joyful.

 **H**E JOYFUL PERSON could not entertain sorrow at the time of his joy. He could not be depressed and, at the same time, be filled with joy. He could not realize that God in the midst of him is all in all, the source of his joy, and also think of external things and persons as able to take joy from him.

The joyful person lives in a world of joy. He lives in the realization that there is nothing to interfere with his joy, no person able to destroy his happiness, no situation capable of making him unhappy. He has found within him a joy that never changes.

If a person's joy is based upon Truth, then it is permanently established. It will not be like something capricious or unstable. It will not fly away at the sight of some personality or at the appearance of some difficult situation.

Joy, the movement of God in the soul, brings us a little nearer to heaven. We naturally think of sorrow and depression as far from heaven, and of this "place in consciousness" as one in which joy reigns supreme and eternally.

That my joy may be in you, and that your joy may be made full.—**John 15:11.**

SATURDAY, OCTOBER 10

Love, now active in my consciousness, wipes out all hate and fear in my mind. God as love causes me to think and act lovingly.

 LOVE IS POWERFUL. The very power of God is back of it. Through it we see God manifesting Himself. When we are conscious of the activity of God, we realize that God is at work, lifting us out of hate and fear, making us know Him through the gentleness of love. Oftentimes, when hate and fear seem to have the upper hand, we feel the gentle stirrings of love and know that God is with us, bringing us out of adversity.

Love neutralizes every thought in opposition to itself. It takes away the seeming power of hate and destroys the horror of fear. When these are cleared from consciousness, love appears. God is again proved as omnipotent, mightier than anything that would pretend to share His omnipotence.

Love is magical. The most trying situations, the most difficult problems, must yield to love. God as love manifests as gentleness, kindness, and compassion. He removes the little difficulties from life. He takes hardships from us and, instead, gives Himself.

Love one another; even as I have loved you.—
John 13:34.



We See God

God is painting trees with arown
Every valley, hill, and dale with
Summer green gives way to tan
God His beauty shares with us

God reveals to us a friend when
Sympathy and selfless love reveal
When we know another's heart
God His love then shares with us

God His bounty e'er pours out
Or it may be golden coins, or ju
Takes the form by which to serve
God His blessings shares with y



God—That's All!

ith brown, their leaves in golden red;
dale with beauty's now o'erspread;
ay to tan, and summer days to fall;
with us and we see God. That's all!

end when we see through His eyes;
ove reveal our Paradise;
r's heart will answer every call,
es with us and we see God. That's all!

poons out as oil upon your head,
ins, or just a loaf of bread,
h to serve. When life would seem to pall,
es with you and you see God. That's all!



SUNDAY, OCTOBER 11

God, divine law, the principle of good, is the law and rule of my life, and I place all my affairs under His dominion.

DO YOU ever think of yourself as under some law or influence of evil? Then learn the truth that God is the one law and principle of life, that against Him no other law or principle can prevail. There is no law of evil. According to absolute Truth, there is no law of sin or disease. God alone reigns and rules.

Were you to concede that evil has a law, that it works by cause and effect, you would bring your mind to a level far removed from that on which the superior Truth of God operates. God, the perfect law—the principle of peace, good, and health—is one. That which, at times, seems to be a law of evil is but a sense-created counterpart of spiritual law.

The law of God is the law of right thinking, the principle of right action, and the rule of spiritual living. As law, God works accurately and scientifically. He is always dependable, never betraying man's devotion, never failing in His love and work.

God as principle becomes our principle of living when we accept Him as such.

He that looketh into the perfect law, the law of liberty . . . shall be blessed in his doing.—*James 1:25.*

MONDAY, OCTOBER 12

God's justice now at work in my mind makes me just in all my dealings.

USTICE comes about for us through our state of mind. The individual who entertains the thought of injustice finds it appearing in his affairs. If he is unjust with others, he discovers that he causes injustice to appear in his own life. He finds that he must exchange the belief in injustice for that of justice.

The remedy for injustice is a right understanding of Truth, of your relation to God and to your fellow man. If you think of yourself as having a right to be unjust with others or to usurp the power of God as lawgiver, then you place yourself in such a relationship that your dealings become disorderly. If, on the other hand, you accept God as law and judge and leave to Him the matter of dealing with your fellow men, you will find that you lose all inclination to deal unjustly, and you will not attract injustice to yourself.

Think of God and His justice as now at work in your mind and affairs. Think of His justice as omnipotent and as giving no power to man's injustice to man. Think of justice as like God Himself, Being omnipotent and omnipresent.

What doth Jehovah require of thee, but to do justly, and to love kindness.—*Micah 6:8.*

TUESDAY, OCTOBER 13

I am not condemned, neither do I condemn, because I abide in the consciousness of Christ, in whom there is no condemnation.

 **F** YOU WILL think of Christ as that within you which is divine, neither condemnable nor causing condemnation, you will relieve yourself of both the habit to condemn others and of the fear of being condemned. Condemnation can play no part in your life when your thought is filled with Truth.

When you condemn another you acknowledge man as something to be condemned. By the same token, you acknowledge yourself, as man, as likely to become a target for condemnation. Do you see that when you condemn another you place yourself in the position of being condemned?

Condemnation comes through two states of mind: that in which another's shortcomings are observed, and that in which we think of ourselves as right in calling attention to them. There are very, very few instances in which we are in such a position that we can criticize another justly or call attention to his shortcomings.

There is therefore now no condemnation to them that are in Christ Jesus.—*Rom. 8:1.*

WEDNESDAY, OCTOBER 14

Patiently trusting God, I am cured of all habit of impatience. In Spirit, I am patient.



IMPATIENCE becomes a habit when we allow ourselves to go through a series of experiences wherein we fail to trust God as to the outcome of our affairs. Lack of trust, then, becomes a habit and lack of patience follows. Confident trust and the disposition to become patient work the cure.

In Spirit; you are never weary, never impatient, never lacking in trust in God. God's will for you is that you should always trust Him, knowing that He will work out all things to your highest good. You are never to doubt that He will come to your rescue at the proper moment, or that He will fail you in time of emergency.

The impatient person shows a fear that God cannot be trusted. He seems to fear that order, justice, and salvation will be withheld or delayed. His mental state needs correction. He needs to know more of the nature of God and His working. He needs to look away from what appears to be calamity and to behold the certain working of God and His law.

You show yourself to be patient when you calmly and coolly do your part, knowing that God will do His.

Bring forth fruit with patience.—*Luke 8:15.*

THURSDAY, OCTOBER 15

*The mind of Christ is my standard,
and I measure all my thoughts according
to His mind.*

 ET US THINK of the mind of Christ as that to which we are to conform all our thinking. We are to line up our thoughts according to His standard. We are to accept His thoughts of light, peace, love, life, and health as our guide to thinking.

If you make your thinking coincide with that of the Christ mind, which must be accepted as the ideal or pattern for all your thinking, then you think love instead of hate, health in place of disease, life instead of death. Think of the mind of Christ as the ideal mind, that which must ever be before you, and that to which you must aspire in all your thinking.

When you think thoughts of joy, optimism, wisdom, health, and substance, you think Christward. When you think thoughts of darkness, inharmony, envy, disease, and lack, you think in opposition to the Christ mind. Much of the work of spiritual development lies in correcting the thinking and identifying the self with Christ.

The study of Truth is highly important because by it we learn how and what to think.

Bringing every thought into captivity to the obedience of Christ.—*II Cor. 10:5.*

FRIDAY, OCTOBER 16

I now behold Christ—the divinity, reality, and perfection of man—appearing as spiritual man.

WHEN YOU think of "Christ in me" your thought is turned away from the personal, transitory, or imperfect, and turned to that within you which is real according to Spirit and Truth, that which is divine, that which emanates from your Father within you. Christ symbolizes to you that within you which is from heaven, that which is unrelated to sin, evil, or disease.

If you are tempted to think of your shortcomings, cease to think of the personal man and direct your thought to that within you which is without sin, flaw, or evil.

That within you which is never affected by things of the outer world, that which is unaffected by what other persons say or do, that which remains constant and true through every situation—is the Christ. It is that within you which has seemed to be with you through all time, that which is the real and eternal You of you—the Christ.

If we would recognize the Christ in those we know, we should see in them only that which is good and true. We should look beyond the outer seeming and see that which is of God.

I determined not to know anything among you, save Jesus Christ.—*I Cor. 2:2.*

SATURDAY, OCTOBER 17

I recognize the great spiritual unity —my oneness with God within me, my unity with the good in all about me. I am one with God and His good.

HIN OUR LESSON today, we seek to unify ourselves with God. We recognize the great unity underlying ourselves and all things in Spirit. We know that this One is God and that through a consciousness of our relation to Him we become unified with all that exists in His world.

Do you feel detached from that in life which is harmonious, joyful, vital? Do you seem to be identified with darkness, inharmony, fear, disease, or failure? Then cease to think of yourself as one with adverse conditions, sin, or evil. Identify yourself with God. Know that you are at one with Him.

Think of God as the mighty One who is peaceful, alive, loving, healing. Know that this One is omnipresent and omnipotent in your world. Realize that there is only this One, only God, only peace, joy, love, and life. Always think of yourself as having identity in this universal oneness, as being never apart from God's life and love.

Your unity with the Spirit of God within you assures you of oneness with all blessings and all good.

One there is who is good.—*Matt. 19:17.*

SUNDAY, OCTOBER 18

*In all that I do, I put the very best
that is within me, the Spirit of God.*

REGARDLESS of what we do, whether we are directly serving God or engaged in the most commonplace physical labor, we are to do our very best at all times. If engaged in prayer, we must sincerely open our heart to God. If engaged in mental work or physical labor, we must literally put our heart into all that we do.

Work is lightened when we cease to look at its difficult side and know that we can do all things through the Spirit of God within us. Our part is to step aside and let God do His perfect work. We lend our mind and our hands to the task, but do so without any sense of effort. We put the best that is within us into what we do, and see Spirit crowning our work with success.

Approach any task that lies before you with the mental attitude that the Spirit of God within you can master it without your becoming concerned about the matter. Then be willing to do your part, working at Spirit's bidding. By working in this fashion you will find yourself free of mental anxiety and physical fatigue.

You can do more work and better work when you realize that, after all, Spirit within you does the work and that you are but the channel for its energy.

Let each man prove his own work.—*Gal. 6:4.*

MONDAY, OCTOBER 19

Darkness and ignorance have no place in my mind, because it is now filled with the light of God—illumination, inspiration, revelation.

 **I**F YOU WOULD gain an understanding, do not think of yourself as ignorant. In Truth, you are the son of God, a child of light. To think of yourself as not being able to understand is to bind yourself to limited mental conditions. To declare and know the Truth is to cause light to dawn on your consciousness.

Man is not a creation of darkness and ignorance. He is not the son of a father of mental limitations. He is a child of illumination, inspiration, and revelation. When he realizes that his father is God, when he claims his divine heritage, he realizes that ignorance in no wise can be identified with him. In Truth, he cannot think of himself as other than what he is—a son of God, a child of infinite light.

Think of the light of God, the light of understanding at the heart of your being, as that which guides and assists you in all your ways. Regardless of your present question, decision, or problem, this light is right at hand. It will illumine your path and be with you at every turn in the road.

Then shall thy light break forth as the morning.
—Isa. 58:8.

**AFFIRMATIONS USED BY
SOCIETY OF SILENT UNITY**

October 20 to November 19

ILLUMINATION

The light of the Spirit of truth illuminates my every thought, and I walk in the light.

HEALTH

Thou, the very essence of my life, art filling me with Thyself, and I am restored to health and wholeness in mind and body.

PROSPERITY

Thou, the very essence of my supply, art quickening me with Thy thoughts of all-sufficiency in all things, therefore I must be, and I am, successful in all my undertakings.

TUESDAY, OCTOBER 20

Turning from all belief in disease and directing my thought to God in the midst of me, I am healed and strengthened.

AS WE TURN away from the thought or sight of disease, it becomes less and less real to us. The more our attention is taken away from it, the more it appears to be some illusion of the sense world. As we become more and more conscious of the presence of God, we realize more and more our wholeness in Him.

If you would be healed of disease, turn your thought away from it to health. Turn your attention to God in the midst of you. Find in Him your life, purity, strength, and wholeness. All metaphysical healing comes about through such a process as this. There is a primary step in which the individual turns from disease, followed by that in which he feels a close relationship to God. The healing current passes from God to man and he is healed.

Cease to think of how healing comes about, or of the method that Spirit uses in healing. You need not be concerned about how Spirit works. Your only part is to make the proper contact with Spirit.

Behold, I will bring it health and cure, and I will cure them; and I will reveal unto them abundance of peace and truth.—*Jer. 33:6.*

WEDNESDAY, OCTOBER 21

I am not related to any belief in financial lack, depression, or failure. As the son of the God of plenty I am rich and successful.

 TODAY we make full break with any belief in financial limitation. If we have allowed ourselves in the past to be identified with lack or failure, we are to break this connection. We are to resolve to cease to add the force of our thought to any adverse psychology regarding finances or success.

Man thinks of himself either as living in lack and failure, apart from God, or else as closely identified with God's bountiful supply. Certainly, he could not think of want or failure as related in any wise to God or as being God's will for him. How natural it is for him to accept the truth that God is His Father of abundance, and that he is God's son and heir!

When we accept God as a God of plenty (and truly He is the source of inexhaustible resources), we acknowledge our Father as placing that which He has at our disposal. We lift our consciousness to the high realization that His riches are ours, that His bounty is our daily supply.

I pray that in all things thou mayest prosper and be in health, even as thy soul prospereth.—*III John 2.*

THURSDAY, OCTOBER 22

The Truth of God now active in my consciousness neutralizes error, ignorance, and falsehood. God, divine Truth, rules supreme.



RUTH reveals to us that which is real and permanent in life. Truth shows us the false and the erroneous in their native state and directs our attention to that which is good, true, high, and noble. Truth is the science and philosophy of life whereby we learn our unity with God and our oneness with All-Good.

Why do we emphasize the importance of studying and applying Truth? Because in it lies our release from ignorance and error. When we perceive what is true about anything we cannot believe or accept as true what is false about it. When we understand the fact of our perfection in Spirit, we cannot believe that we are carnal, material, limited by shortcomings.

According to appearances, some one might say that it is true that another is evil or diseased. This would not be considered true according to absolute Truth, the Truth of God. According to appearances a person may be evil or diseased, but according to the Truth of Spirit, he is forever good, whole, and perfect.

Speak unto me nothing but the truth in the name of Jehovah.—I Kings 22:16.

FRIDAY, OCTOBER 23

Giving up tense thoughts, I relax mentally and physically.

ELAXATION depends upon our ability to keep our mind free from thoughts that cause tenseness. Thoughts of fear, worry, and inferiority are of this nature. Those thoughts which cause the individual to cringe as if before some mighty power of evil are the ones that bring about tenseness.

We relax from tenseness when we clear from mind adverse beliefs, and implant therein an understanding of what is true about our peace, harmony, success, and oneness with God. Certainly the individual who recognizes the truth of the presence of God has no occasion to be tense, especially if he knows that God, the good, is all in all, always at work helping man to free himself from the belief in evil, the claim of fear.

Relaxation first takes place in the mind as tense thoughts become replaced by thoughts of ease. Physical relaxation follows. Tense muscles and taut nerves relax. The individual senses the presence of peace and the power of his own innate forces.

He that dwelleth in the secret place
of the Most High
Shall abide under the shadow of the
Almighty.

—*Psalms 91:1.*

SATURDAY, OCTOBER 24

I can do all things through prayer—conscious realization of the power of God in the midst of me.

PAYER loses the element of mystery (associated with it by those who do not understand its true nature) when we perceive the Truth. To us who are in the understanding of Truth, prayer is simply a conscious realization of the omnipotence and omnipresence of God, a consciousness wherein the soul is constantly aspiring higher and higher.

By prayer we do not beg God for something. We enter into that realization wherein we thank Him for His gift. We realize that the thing that we seek is already ours in Spirit. We know that in Truth it has always existed as our own and that our desire for it has but shown to us its coming into manifestation.

The student of Truth seeks to be ever in prayer. By this we do not mean in a state of existence in which he is strangely out of line with life. Prayer should never make life awkward in its living. The person who lives in a state of prayer is one who is conscious at all times of the supremacy of God, the good, seeing Him coming into manifestation more and more clearly.

The prayer of faith shall save him.—James 5:15.

SUNDAY, OCTOBER 25

My feet are now directed into the path that I should take, the way of peace and plenty.

IFE PRESENTS to us a new angle when we find the path that Spirit has mapped out for us, and take it. If we have been going the way of inharmony, disorder, or failure, we find a great relief in discovering that Spirit has provided a way for us wherein we enjoy peace, happiness, and plenty.

If you have been going the way of disappointment and hardship, seek to know what is God's will for you. Turn your attention to Him at the very heart of your being, and be attentive to His direction. You will find that His will for you is not that you should go the way of suffering and disappointment. The way that Spirit has prepared for you is one of joy, health, and success.

Are you undecided as to your next step? Turn to the presence of God and be directed by His wisdom and love. Be guided by Him into happiness and plenty. Turn your steps into the true way, that of Spirit, that of joy and abundance.

Life will appear to you with a new meaning when you realize that your way is Spirit-directed—a way of light, joy, health.

He will teach us of his ways, and we will walk in his paths.—*Isa. 2:3.*

MONDAY, OCTOBER 26

My God is a God of salvation. He saves me from adversity and delivers me from evil.



ODAY OUR ATTENTION is directed to the power of God to deliver us from adverse situations and from all belief that evil can bind us to itself. We think of God as our salvation and our deliverance. We conceive of Him not as a God of vengeance or one binding us to unfortunate conditions, but as one able and willing to save and to deliver us.

Is your God one of salvation? Do you actually think of Him as having power to free and deliver you from inharmonious conditions, disease, and poverty? Can you turn to Him knowing that He will answer your call and work your deliverance? If so, then you have truly found God, the God of your salvation.

Adversity has no claim upon you when you can wipe it out instantly by turning in thought to God. Misfortune has no power to bind you to itself when you can work your release by prayer. God ceases to be something intangible when you can direct your thought to Him and instantly feel His presence coming to your aid to help and to deliver you.

From whence shall my help come?
My help cometh from Jehovah.

—*Psalms 121:1, 2.*

TUESDAY, OCTOBER 27

By the power of Christ in me I have power and dominion over everything of my world.

 DOMINION AND POWER are given us through the activity of Christ within us. Nothing in the world of manifestation, the world about us, can have power over Christ or over us. Nothing in all the world can intimidate us or subject us to itself, since Christ in us is all in all.

Do you have the secret belief that some person can work you harm? Do you often find yourself thinking that conditions of the outer world are against you? Do you think that there is some power other than the omnipotence of God, some presence other than His omnipresence? Then Truth will come to you empowered to free you from such delusions, empowered to lift you to a consciousness of your own dominion.

Dominion over your world comes through a realization that Christ in you is ever enthroned in His world, ever ruling over conditions of the outer world with power and authority. Man is given dominion over the works of God because only in this way can God through him take command of His world. Likewise, your power and authority come as the expression of God.

Thou makest him [man] to have dominion over the works of thy hands.—*Psalms 8:6.*

WEDNESDAY, OCTOBER 28

With my thought directed to the presence of God—the presence of quietness and stillness—I, too, am quiet and still.

WHAT A PRIVILEGE it is to find that, even though at times we are in a world of noise and confusion, we are not a part of it and it in no wise affects our happiness or existence! Even though there may be inharmony and noise about us, still we are able to turn in thought to God and to become one with His peace and quiet.

Do not quarrel with conditions about you. Do not think of inharmonious conditions as part of your life. Confusion and noise have no relation to that person who is centered in Truth, at one with God's peace, quiet, and stillness.

In Truth, you belong to God's world of perfect harmony. You are His son, heir to His kingdom, one with His world. If you relate yourself to unpleasant conditions by admitting that they exist in your world or have power to make you unhappy, then they will do so. If you claim God's kingdom of peace, love, and quiet, then your claim is acknowledged and you become identified with a world of quiet and stillness.

In God's presence abide now in peace and quiet, freedom and relaxation.

Study to be quiet.—*I Thess. 4:11.*

THURSDAY, OCTOBER 29

I rejoice to count my blessings and to find on every hand that God has provided for my peace, joy, and health.

OUNT YOUR blessings! Possibly you have been so busy that some of these have escaped your attention. There is no one who does not have many blessings, many things for which to be thankful. There is no one who will not discover that some blessing has escaped his notice in the mad rush of a busy world.

Does some one say, "But my health seems so limited! I am in such poor health! How can I be thankful for some blessing of health?" Surely there is no one who does not have some measure of health for which he can rejoice. The story is told of a woman who came to a metaphysical healer at one time and made the remark that she was ill all over. Finally, the healer succeeded in having her to agree that her little finger was well. With her attention directed to this alone she began counting her blessings and praising her health—the health that she had. From this simple little beginning she evolved a consciousness of blessings, praise, and health.

The blessing of Jehovah be upon you;
We bless you in the name of Jehovah.

—*Psalms 129:8.*

FRIDAY, OCTOBER 30

As my spiritual vision becomes clearer and stronger, so do my physical eyes become clarified and strengthened.

UR EYES have a very close relationship to the power of spiritual vision that we develop in spiritual consciousness. As we see in Spirit so do we find that we have power to see through physical functions, through our physical eyes. How often when a new truth is presented to us do we exclaim, "I see!" We unconsciously admit a close connection between truths revealed to understanding and the power to see.

Those who do not understand Truth, the teachings of Jesus, are spiritually blind. Their spiritual eyes are not opened. They do not see. When they grasp Truth, their spiritual vision is clarified and strengthened. Their ability to see, in Spirit and in manifestation, becomes apparent.

If your physical eyes need health and strength, if your vision needs clarifying, increase your mental and spiritual power to see. Do not condemn your eyes or think that you can see only with difficulty. Relax the muscles and nerves of the eyes. Let your soul look calmly out through your eyes and behold the beauty of that which lies about you.

Look, ye blind, that ye may see.—*Isa. 42:18.*

SATURDAY, OCTOBER 31

I cease to think of or to look for personal shortcomings in myself or in others. I see only perfection, Christ in man, now appearing.

 THOSE WHO think of personal shortcomings or look for them function entirely in personal consciousness. They live in that mental attitude wherein man is seen according to personal limitations, faults, and blemishes. They show that they know little of that high consciousness in which man is recognized for what he is in Truth, the perfect son of a perfect Father.

You may know some one who seems, after all, to be quite possessed with personal shortcomings. He may seem to be devoid of all that is praiseworthy and appear to be very much engrossed in bad habits and evil ways. Remember that all this simply appears as true. What is true may not be apparent, but it still remains: in Truth, he is still God's child, created in His image and likeness. What are you to behold, the appearance of evil and shortcomings according to personal standards, or the perfection of man according to the standards of Spirit?

Wherefore leaving the doctrine of the first principles of Christ, let us press on unto perfection.—*Heb. 6:1.*

Open Your Eyes

A POOR French farmer possessed an old violin that for many years had hung in the barn loft, in utter neglect, a home for spiders. That old instrument proved to be a Stradivarius, and it finally brought its owner thousands of dollars. The farmer had had a fortune hidden away in his barn while he denied himself the luxuries of life.

You do not need to petition God for greater supply. What you need is to open your eyes to the riches that He has already provided for you. This is the aim of the Prosperity Bank plan—to help you to see God's abundance all about you.

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Remember the week day to
keep it holy.

—Elbert Hubbard.

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